



THINK  
Yourself®  
HEALTHY

**IN THIS SESSION, YOU GET**  
27 Tips to Reprogram  
the six layers of your brain  
to trick yourself into exercising,  
eating well and living  
an optimal lifestyle.

**Session 5125**  
Sunday Aug. 18th, 2019  
8:00 am

**OOPS... YOU JUST ATE A COOKIE!**

# THINK Yourself® HEALTHY - D.N.A. System



## ENVIRONMENT

What or who in your environment supports your health?

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What needs to change in your environment? Who is a good influence? Who isn't?

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## BEHAVIOUR

What behaviours are contributing positively to your health?

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What behaviours do you need to change?

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## SKILLS

What skills are serving your health?

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What skills do you need to learn in order to improve your health?

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## 27 TIPS

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20. \_\_\_\_\_
21. \_\_\_\_\_

**YOU ARE AWESOME!**





### BELIEFS & VALUES

What limiting beliefs are holding you back?

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How can you re-phrase your limiting beliefs?

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### IDENTITY

What are your strongest personality traits? What do you love about who you are?

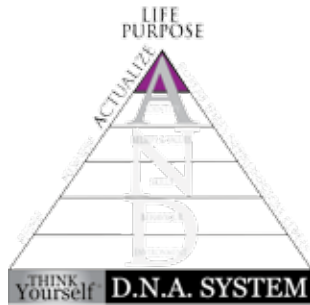
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What part of your identity do you need to develop to improve your health?

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### LIFE PURPOSE

What is your purpose? Who are you serving? How are you a contributor?

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Why do you want the things that you want? What is your “Big WHY”?

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25. \_\_\_\_\_

23. \_\_\_\_\_

26. \_\_\_\_\_

24. \_\_\_\_\_

27. \_\_\_\_\_

### ACCOUNTABILITY

List one thing you will do this week:

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Write your accountability Partner’s name and number:

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You will be talking one week from now, on        (date)

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# NATHALIE PLAMONDON-THOMAS

TRANSFORMATION EXPERT  
8 times International Bestselling Author



Nathalie P. is the EXPERT with a PROVEN SYSTEM to reprogram your brain and get you transformational results. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering leading edge courses, trainings and events. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she was "Fitness Instructor of the Year" for Canada. She is a dynamic, engaging and professional speaker who gets you hooked with relatable stories and analogies.

Along the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally. She is on the board of directors of CAPS, the Canadian Association of Professional Speakers. She is a Master of neuroscience. She uses specific brain reprogramming processes in her practice as a Master Life Coach and Executive Coach. She has helped thousands of people in Canada, Europe and the United States getting rid of their negative self-talk. She is a No.1 International Best-selling Author of eleven books on success, wellness communication, and empowerment.

Also a philanthropist, she helps the homeless in her neighborhood and the third world countries where she works in educating and empowering orphan children in needs. You receive a charity receipt for 5% of her fee.

"You can take a horse to water, but you can't make him drink". Somehow, Nathalie can.

# THINK Yourself® ACADEMY

## LIVE TO YOUR FULL POTENTIAL

### ONE-ON-ONE TRANSFORMATIONAL COACHING

It is fascinating how you more likely know exactly what to do, and yet, sometimes, do the reverse. You may let negative self-talk affect your life and get stuck in your own limiting beliefs, which totally affects your career, your relationships, your finances, your self-confidence and health.

### BUSINESS MENTORSHIP COACHING

You know what to do, right? 'Knowing' and not 'doing' is like not knowing at all. Accelerate your success with our business mentorship packages.

### PUBLISHING SERVICES

Become recognized as an Expert with a Bestselling book.

## THINK Yourself® BOOK series

### THINK Yourself® SUCCESSFUL

### THINK Yourself® CLEAN from the Inside Out

### THINK Yourself® HEALTHY

### THINK Yourself® GRATEFUL

### THINK Yourself® THIN

### THINK Yourself® A RELATIONSHIPS PRO



### More conferences and workshops:

THINK Yourself® POSITIVE - for KIDS

THINK Yourself® A BUSINESS PRO

THINK Yourself® A SALES PRO

THINK Yourself® WEALTHY

THINK Yourself® A LEADER

THINK Yourself® A COACH

THINK Yourself® AN AUTHOR

## CONTACT NATHALIE P.

Book your FREE 15-min Virtual Coffee:  
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YOU ARE AWESOME!

End Negative Self-Talk & Live to Your Full Potential

